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U.S. deserter loses court fight to stay in Canada

NICK LAHAM/GETTY IMAGES

Minnesota Twins slugger Justin Morneau shows off his new hardware.

Morneau wins home run derby

ALL-STAR Canadian slugger Justin Morneau, a native of New Westminster, B.C., made off with the trophy at the All-Star Home Run Derby last night, but Texas Ranger Josh Hamilton stole the show.

Hamilton set an all-star derby record by belting 28 homers in the first round to win a standing ovation from a crowd of 53,716 at Yankee Stadium.

Morneau hit just eight in the first round and nine in the second round to reach the final.

But Hamilton couldn't keep up his momentum in the final and managed just three home runs to Morneau's five.

METRO NEWS SERVICES

Entertainment page 14

I'm not a bad girl: Campbell

Beijing page 9

Olympians steer clear of politics

Please recycle

JEFF HODSON
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A 25-year-old tank commander who fled to Canada to avoid the U.S. invasion of Iraq will become the first ever deserter returned home following a ruling by a Federal Court judge in Vancouver yesterday.

Robin Long will be deported today after an application to stay his deportation was dismissed by Madame Justice Anne Mactavish.

"This will be the first time Canada has ever played the gendarme for the American military," said Bob Ages, chair of the Vancouver chapter of the War Resisters Support Campaign.

Robin Long

Ages said there are at least 50, but possibly hundreds, of American deserters living in Canada.

Mactavish ruled yesterday that Long failed to provide clear and non-speculative evidence that he would suffer "irreparable harm" if deported.

Shepherd Moss, Long's lawyer, had argued Long faced lengthy jail times and could even get the death penalty.

The judge ruled that a death sentence was only a "theoretical possibility" as the last soldier sentenced to death for desertion was during the Second World War.

As well, between 2002 and 2006, 94 per cent of deserters have been dealt with administratively, receiving less than an honourable discharge.

Long, from Boise, Idaho, joined the army in 2003, believing that the invasion of Iraq was just. He went AWOL in 2005, believing that if he was deployed to Iraq he would be complicit in war crimes.

He fled to Canada and most recently lived in Nelson, B.C. with his partner Renée and their young son.

notification delay

Long received a negative pre-removal risk assessment in May, but was not informed of it until July, making it impossible to file an appeal, Ages said.

Share your thoughts »
vancouverletters@metronews.ca

Lights out **Downtown hit by outage**

RAFE ARNOTT/METRO VANCOUVER

Police have their hands full directing traffic as buses pile-up along West Pender Street during a power outage yesterday. Several blocks in the downtown core were affected. **Story on page 3.**

Police working to keep transit areas safe

KRISTEN THOMPSON
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SKYTRAIN Vancouver police are working hard to make neighbourhoods near SkyTrain stations safer, Const. Tim Fanning said yesterday.

But he added that criminals will always be drawn to transit because that's where they are likely to find victims.

The safety of transit stations has been the subject of debate lately in light of several attacks on transit riders, including one near Nanaimo station on Friday.

"These sort of crimes happen where the people are," Fanning said.

"Where are most bikes stolen from? Where bikes are parked. Where are cars broken into? In car lots. It's where suspects are likely to find a target-rich environment."

Fanning said the woman who was attacked on Friday did the right thing.

"She fought this person off … (and) drew attention to herself."

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China wants province's wood
A First Nations Forestry Council trade delegation has returned from China with commitments from major companies looking for B.C. wood, including Qingdao Liangmu, the largest forestry remanufacturing company in Shandong — a province of 100 million people. METRO VANCOUVER

Local

Refugee in sanctuary costing taxpayers

Canadian taxpayers have spent more than half a million dollars on health care and failed deportation attempts for Laibar Singh. The paralyzed refugee claimant from India has avoided deportation three times over the last 12 months and is living in an Abbotsford temple. SOURCE: CKNW.COM

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Explosion chaos

Power, traffic disrupted due to underground circuit fire

JOYCE YIP
for Metro Vancouver

Downtown Vancouver saw traffic chaos yesterday as frustrated drivers honked their horns and commuters walked when trolley bus service was halted after an underground transformer exploded yesterday morning.

RAFE ARNOTT/METRO VANCOUVER

B.C. Hydro crews, police and firefighters attend an area on Richards Street near West Pender where an underground electrical fire blacked-out an area of the downtown core yesterday.

Thousands of workers were also given an impromptu break as the resulting power outage affected a five-block radius around Richards and Pender streets.

Buildings were evacuated and police officers were brought in to direct traffic away from the area as smoke was seen coming out of a manhole. Police say smoke from the burning transformer was not toxic.

Susan Danard, B.C. Hydro spokesperson, said the shortage was not going to be an easy fix and likely wouldn't be repaired until today.

"We're not sure what caused the fire but the circuit was one of the crucial ones," she said. "We don't have a clear restoration time because it turned out to be a lot more difficult than we had thought."

Chris Kosturos, a construction worker at a site near the explosion, said all work stopped.

"There was a lot of smoke and it smelled of burning plastic," he said. "We've been stuck outside for over an hour, so it's pretty much an extended break for me because all my stuff is inside."

Vancouver police Const. Tim Fanning said extra officers were scheduled to patrol the area last night to keep "people and property safe."

–WITH FILES FROM RAFE ARNOTT

Officer suspended, demoted over kick

KRISTEN THOMPSON
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A New Westminster Police officer has been suspended without pay and demoted for kicking a handcuffed man in the head following a police pursuit, New Westminster Police said yesterday.

Const. Todd Sweet was demoted to constable third class from constable first class and has been suspended for five days, the longest allowable under the Police Act, following an internal investigation.

On June 19, 2005, Sweet was involved in a police pursuit that ended when the suspect drove off the road and crashed. When the suspect was handcuffed on the ground, Sweet kicked the man in the head.

In Feb. 2007, he was charged with assault causing bodily harm and was suspended with pay.

"Neither I, nor any of my officers, will tolerate the mistreatment of those in our custody," Chief Constable Lorne Zapotichny said in a news release.

shot, killed boy

In 2005, Sweet shot and killed a 16-year-old Surrey boy following a police pursuit in Burnaby. He was given a conditional discharge for that incident.

News in brief

NEW CHIEF Former Vancouver deputy police chief Bob Rich was sworn in yesterday as chief of the Abbotsford Police Department. Rich served 28 years in Vancouver and has a law degree from the University of B.C.

ARREST A man was arrested yesterday morning after Tsawwassen residents confronted B.C. Transmission Corporation workers who were erecting a power pole, CBC News reports. METRO NEWS SERVICES

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Music fest toned down
This year's notorious Merritt Mountain Music Festival was more subdued than in years past, thanks in part to a reduction in the number of allowable attendees. Historically, the event has been plagued with boozing and fighting. CKNW.COM

Man chases purse thief

Cops commend selfless act

KRISTEN THOMPSON
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A 20-year-old Richmond man was commended yesterday by the Vancouver Police Department for chasing down a purse-snatcher and holding him in a dumpster.

Const. Tim Fanning said it started when a woman had her purse snatched from her hands at Granville Street and 10th Avenue on Sunday afternoon.

One witness pulled his car over and chased the suspect on foot.

"The suspect ends up diving in a dumpster, so our witness … slams the lid down and tries to … hold him in the dumpster," Fanning said.

When the suspect managed to "weasel" his way out of the dumpster the witness put him in a headlock, holding the man, who was fighting back, until police arrived.

"It was a very dramatic scene and really an example of people reacting to a person in distress," Fanning said. "I guarantee you we'll be putting him up for commendation."

"People are outraged by these crimes, they happen all too often. I think we're probably in excess of 60 purse snatchings this year. Good on these people for stepping up to the plate."

Dangers

Despite the brave actions of a witness, Const. Tim Fanning noted that trying to apprehend criminals can be dangerous.

"How comfortable do you feel chasing a suspect down? Some people … feel confident enough in their skills to fight somebody and hang on to that person until police arrive."

Weather **Skimming the waves**

RAFE ARNOTT/METRO VANCOUVER

University student Casey Goodrich cools off with friends at Spanish Banks while skimboarding yesterday. Temperatures reached 25 C.

Iranian refugee takes fight to court

JOYCE YIP
for Metro Vancouver

An Iranian refugee who has been in Canada for 14 years wants to know why he's being denied citizenship by the Canada Border Services Agency (CBSA).

Momenzadeh Tameh, 48, sought asylum in Canada in 1993 and was accepted as a Convention Refugee a year after. After extensive interviews and surveillance, Citizenship and Immigration Canada (CIC) recommended that Tameh should be granted permanent residency in 2005.

CBSA, however, went against the recommendation based on Tameh's support of an Iranian opposition party, which was listed as a terrorist organization in 2005. Tameh said at the YWCA downtown Vancouver yesterday that he has ended all relations with the party 36 years ago.

In 2007, Public Safety Minister Stockwell Day denied him permanent residency without explanation.

"In his letter, he just wrote down 'deny,' and he doesn't even have any proof," he said.

RAFE ARNOTT/METRO VANCOUVER

Momenzadeh Tameh speaks at the YWCA downtown yesterday.

"Without permanent residency, I live without full rights even though I pay taxes, I work, I volunteer and contribute to this country."

Tameh will appear in the Federal Court of Canada tomorrow to ask for proof from Minister Day and to clear the discrepancies in his status.

Hit and run victims' family makes appeal to suspects

SURREY The devastated family of a Surrey couple killed in a hit and run yesterday appealed to the suspects to turn themselves in.

Rupi Badh was driving her sister and parents home from her engagement party early Saturday morning when a white Acura came from behind and slammed her car into a power pole.

Her father, Dilbag Badh, 61, and mother Bakshish Badh, 60, were killed, police said.

Her sister was taken to hospital with a broken jaw and pelvis.

The two male occupants of the Acura ran off.

RCMP Sgt. Roger Morrow said speed was "very much a contributing factor."

"We cannot confirm with certainty that this was a case of street racing, but it is being considered as a possibility in the investigation," he said.

KRISTEN THOMPSON/ METRO VANCOUVER

Exchange student goes missing hours after landing in Vancouver

KRISTEN THOMPSON
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Vancouver Police are asking for help finding a Chinese teenager who disappeared from his homestay several hours after arriving in Vancouver.

Guowen Weng, 16, arrived on Saturday at 2:30 p.m. for a two-week summer school program.

Const. Tim Fanning said Weng went out for a walk around 8 p.m. that night near his homestay around Templeton and East Hastings streets, and hasn't been heard from since,

"His English is almost non-existent," said Fanning.

"There's nothing to lead us to believe that anything bad has happened to him. He did bring his personal belongings and he does have a cellphone."

Fanning said it's not common for foreign exchange students to go missing.

"Usually they stick pretty close to their homestay parents."

> **"Usually (foreign exchange students) stick pretty close to their homestay parents."**
> Const. Tim Fanning

News in brief

FIREBOMB The home of an escaped North Vancouver criminal was firebombed by four unidentified men early yesterday morning. Two women and two children, who are believed to be family members of prison escapee Omid Tahvili, were in the home at the time and weren't injured. RCMP Cpl. Randall Wong told the North Shore Outlook it appears a Molotov cocktail was thrown at the home. He said the women are not co-operating with police. Tahvili, 37, was in a Port Coquitlam prison waiting to be sentenced for kidnapping and torture when he escaped in November with the help of a prison guard, Edwin Ticne. Ticne pleaded guilty. Tahvili's current whereabouts are not known.

SHOOTING Langley RCMP are asking for help finding the suspects who shot and injured a Surrey businessman. Bob Adams, 56, was shot while sitting in his car outside his office on July 10. Police said the victim is a family man and do not know why Adams was targeted.

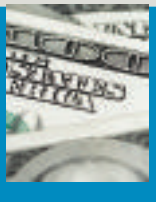
CHASE Two men are being lauded for helping Burnaby RCMP officers capture a suspect during a foot chase. On Sunday night, police got into a chase with a man who was allegedly seen with a gun. A 29-year-old man tackled the suspect and held him down and a 19-year-old man jumped in to help.

METRO NEWS SERVICES

Nova Scotia man fighting tobacco display laws
A Nova Scotia store owner is the first person charged under that province's new laws prohibiting the display of cigarettes. The man argues that cigarettes are a legal product in Canada that generate billions of dollars in tax revenue for governments and he should be able to display his products. METRO CANADA

Canada

"This is very high quality counterfeit. We don't usually see this level of quality."
Calgary Staff Sgt. Cal Wiltshire speaking how police found $100,000 of counterfeit money in a backpack.



Funny money

Calgary police discovered a suspicious backpack in an alley and after opening it found the counterfeit American money in stacks of $50 and $100 bills.

MICHAEL STUPARYK/TORSTAR NEWS SERVICE

Ontario Premier Dalton McGuinty announces protection of 225,000 square kilometres of the boreal region of Ontario to strike a balance between conservation and development.

Ontario says forest off limits

Premier Dalton McGuinty announced yesterday that Ontario will conserve a huge swath of the province's northern wilderness in a bid to protect the region's vast boreal forest, as well as polar bears and other wildlife, and to help fight climate change.

The plan to protect permanently at least 225,000 square kilometres of the northern forest — an area nearly the size of the United Kingdom — won praise from environmental groups, which said it should serve as an example for other governments.

"We are overjoyed with the announcement," said ForestEthics senior campaigner Gillian McEachern. "This is the largest conservation commitment in Canadian history."

Ontario's boreal region takes up 43 per cent of the province's land mass and its vast forest soaks up about 12.5 million tonnes of carbon dioxide from the atmosphere each year.

REUTERS

Omar Khadr interrogation video to be released today

GUANTANAMO Foreign affairs official, Jim Gould, who was told Guantanamo detainee Omar Khadr had been subjected to the sleep deprivation "frequent flyer program," says he stands by his decision to visit the Canadian captive and relayed his concerns about the teenager's well-being back to Ottawa.

Omar Khadr

The controversy of over just what Canada knew about Khadr's treatment in Guantanamo is expected to erupt again today with the release of a 2003 interrogation video, which reportedly shows a 16-year-old Khadr crying and begging Gould and an agent with the Canadian Intelligence Security Service to bring him home.

TORSTAR NEWS SERVICE

News in brief

TERROR TRIAL Momin Khawaja said in a 2003 e-mail that he couldn't stand by and watch "blood-thirsty" imperialists attack Afghanistan and other Muslim countries while he held down a cushy 9-to-5 job. Almost 200 pages of e-mails, most of them related to the courtship between Khawaja and Zeba Khan, 23, were released to the public yesterday. Khawaja is on trial for his alleged involvement in helping to build bombs to be used in Britain and on airplanes.

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Longer maternity leave might harm working women

Extending paid maternity leave in Britain to a year from nine months could damage women's careers by unintentionally making women of child-bearing age less attractive to employers, an equalities watchdog said this week. REUTERS

World/Business

Cover art controversy

The New Yorker's attempt at humour creates an uproar

This week's New Yorker magazine pokes fun at smears directed at Barack Obama, but the Democratic presidential candidate isn't laughing.

The cover portrays the Illinois senator in a turban and robe bumping fists with wife Michelle, who sports an Afro, a rifle and military garb. In the background, an American flag burns in the fireplace.

The left-leaning magazine's cover summarizes several smears that have surfaced this year: that Obama is a "secret Muslim" who hates America and his wife harbors a Black Panthers-style enmity toward white society.

Even that fist bump, the modern version of the high five, was described as a "terrorist fist jab" by a Fox News anchor, who later apologized.

The Obama campaign, which has taken aggressive measures to knock down these perceptions, is not amused with the magazine cover.

"But most readers will see it as tasteless and offensive. And we agree."
Bill Burton, Obama spokesman

"The New Yorker may think, as one of their staff explained to us, that their cover is a satirical lampoon of the caricature Senator Obama's right-wing critics have tried to create. But most readers will see it as tasteless and offensive. And we agree," spokesman Bill Burton said in a prepared statement.

Republican candidate John McCain agreed with his rival for the November election.

"I just saw a picture of it on television," McCain told reporters in Phoenix. "I think it's totally inappropriate and frankly, I understand if Senator Obama and his supporters would find it offensive." REUTERS

REUTERS/COURTESY OF NEW YORKER MAGAZINE/HANDOUT

The cover of the July 21, 2008 issue of The New Yorker magazine featuring Barack Obama and his wife Michelle. According to the New Yorker, the cover satirizes the use of scare tactics.

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Business

1M iPhones sold

SALES Worldwide sales of Apple Inc.'s second-generation iPhone totalled more than 1 million in its first weekend, amid warnings that a slumping global economy could put a dent in overall handset sales this year.

Research firm Gartner said it has cut its forecast for cellphone sales growth to 10 per cent this year.

In Canada, wireless provider Rogers Communications Inc. said yesterday the launch shipment of "tens of thousands" of iPhones "sold out in the vast majority of cities across the country."

The iPhone's Canadian launch was bogged down by technical glitches with Rogers' computer systems and wider problems with Apple's iTunes service, which is needed to activate the handset. TORSTAR NEWS SERVICE

Metro offers Workopolis job listings

ONLINE Metro Canada has joined forces with Workopolis to provide online career services through its site *www.metronews.ca* .

The partnership with the online recruiting and job search provider allows job hunters to view regional and national openings at a single website, while local employers will be able to extend their advertising reach across the country.

"This partnership combines the reach of the leading newspaper brand among adults 18-49 and the leading online job site in Canada," Metro Toronto publisher, Bill McDonald said. METRO NEWS SERVICES

Sudan's president charged with genocide

WARRANT The International Criminal Court's (ICC) prosecutor charged Sudan's president yesterday with masterminding a campaign of genocide in Darfur, killing 35,000 people and persecuting 2.5 million refugees.

ICC Prosecutor Luis Moreno-Ocampo asked the court for an arrest warrant for President Omar Hassan al-Bashir, the most senior figure pursued by the court since it was set up in 2002.

The Sudanese leader dismissed the charges and said the ICC had no jurisdiction in Sudan.

"Whoever has visited Darfur, met officials and discovered their ethnicities and tribes ... will know that all of these things are lies," he said.

Sudan will seek support from allies such as China and Russia to get the UN Security Council to block any warrant. REUTERS

News in brief

HONOUR Former hostage Ingrid Betancourt received one of France's top honours yesterday and said those who remained captive in the hands of Colombian rebels were probably getting worse treatment because of her rescue.

KNIVES British Prime Minister Gordon Brown said on Monday that people carrying knives would be "caught, prosecuted and punished" as he defended the government's handling of knife crime following a spate of stabbing deaths. REUTERS

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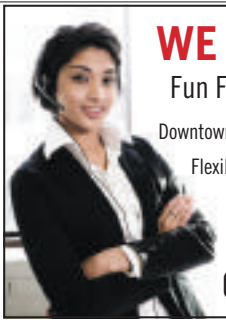

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METRO NEWS SERVICES

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Chit-chat the cheaper way

Whether it's dishing about celebrity gossip or dissecting your most recent date, we are all guilty of spending hundreds, even thousands of dollars on phone bills.

Even with major phone companies dropping their rates every year, we still seem to burn through minutes any given month. Well, thanks to modern technology, you might not even have to spend a penny to talk to people across the country.

We wanted to lay out some options you have at your fingertips —literally— on how you can stay in touch and still be a Smart Cookie.

Skype:

For us, this is numero uno. Skype is by far the most popular and widely used VoIP program (for those technically challenged, like we were, that stands for Voice-over-Internet Protocol) with millions of people online at a time! With Skype's free software that works seamlessly with your Internet connection, you can chat away with free Skype-to-Skype calls and never worry about cost, time or distance.

Google Talk:

Of course Google has a VoIP service as well. Used mostly as a chat platform, Google Talk is popular among Google fanatics and those with a Gmail account. Google talk is built into Gmail. This makes it easy to see when another Gmail user on your contact list is online for a quick chat.

Gizmo:

Like Skype, Gizmo also offers free software and free calls to all other Gizmo users. A bonus to this service is the "All Calls Free" plan, which allows Gizmo users to call other Gizmo users' landlines and mobile phones, not just their computers.

Yahoo! Voice:

This is simple and free PC-to-PC calling software like Windows Live Messenger. Similarly, the free calls must be made to other active Yahoo! Voice members. So those of you who are already familiar with the Yahoo! Instant Messenger system should feel right at home with the application.

Send comments and questions to the Smart Cookies at *smartcookies@metronews.ca*.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit *smartcookies.com* for more tips.

Money Matters
Columnist

Starting October 15, 2008, home buyers will no longer be able to buy a home with nothing down or take out a government-backed, 40-year mortgage. Ottawa hopes Canada will not follow the real estate meltdown experienced by our southern neighbour. Henry Choo Chong advises a reader about whether to buy a house in his Money Matters column, available online at *metronews.ca*.

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NHL
The Toronto Maple Leafs acquired forward Ryan Hollweg from the New York Rangers yesterday in exchange for a fifth-round draft choice in 2009. Hollweg had four points in 70 games last season. **METRO NEWS SERVICES**

Sports

Nolan out as Isles coach

The New York Islanders have parted company with coach Ted Nolan, left, citing "philosophical differences," the team said in a statement yesterday. Nolan took the Islanders into the playoffs in his first of two seasons in charge but the team disappointed last season and the coach leaves with a year remaining on his contract. Reuters

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Lions starting to show their bite

Mourneau headlines three Canadians at tonight's MLB All-Star game

Riding the emotion of a difficult week for the organization, the B.C. Lions finally looked like the team that most expected to see when the CFL season opened in late June.

The Leos controlled the line of scrimmage on both sides of the ball, and B.C.'s playmakers did exactly what the moniker suggests they should.

Stefan Logan raised the bar in the backfield with 143 yards along the ground in his CFL debut. Geroy Simon broke out of an early-season slumber with 192 yards receiving and a pair of scores. But most importantly for the Lions' offence, Jarious Jackson separated himself from Buck Pierce as the number one pivot.

A week after one of his most disappointing outings as a pro, Jackson posted the best numbers of his career. He completed 19 of 24 passes for 340 yards and five touchdowns after a week in which the quarterback controversy with Pierce was threatening to rear its ugly head.

However, Jackson's most impressive completion came less than 24 hours later when he and the rest of the Lions' captains presented Kay Ackles — Bob Ackles' widow — with the game ball from Friday's win. The heartfelt gesture came near the end of Saturday's private tribute to Bob Ackles, which featured the likes of Premier Gordon Campbell, Senator Larry Campbell, Brian Burke and Don Matthews. As one who was fortunate enough to attend, I can tell you that there were few, if any, dry eyes in the house by the end of the afternoon

• While Canucknation keeps its collective ear to the ground for even the slightest rumbling of Mats Sundin's decision, Mike Gillis continues in his attempt to stock up on skill throughout the organization.

Former Hobey Baker winner Jason Krog is the latest addition to the talent pool, fresh off a 112-point season in the AHL.

Despite his inability to crack the Thrashers' lineup last season, Krog has scored at every level of hockey except the NHL, and he played an integral role in the Chicago Wolves' Calder Cup win last month. Though odds favour an assignment in Manitoba over one in Vancouver, Krog brings offensive upside to an organization that is in need of increased scoring at all levels. Gillis has constantly mentioned the amount of resources being put into Pro Player Development, so expect to see more depth moves like this one in coming months.

• After competing in last night's home run derby, New Westminster native Justin Morneau headlines a record three Canadians in tonight's Major League All Star Game. Morneau, fellow BCer Ryan Dempster and Ontario's Russell Martin have the privilege of playing in the final All Star Game in Yankee Stadium, which will be torn down after this season.

• Want to weigh in? E-mail me at scott.rintoul@metronews.ca.

How to make a Scott Rintoul: Mix equal parts college athlete, sports fan and broadcaster. Shake vigorously.

ToulBox

Scott Rintoul
scott.rintoul@metronews.ca

YorkReport

Marty York
marty.york@metronews.ca

CFL shows scoring more fun

The CFL has flown out of the gate to start the season with several high scoring games.

Find out what Marty York thinks at www.metronews.ca

Sports in brief

NHL The Washington Capitals have re-signed centre Sergei Fedorov to a one-year contract. Terms were not disclosed. Fedorov was acquired by the Capitals from Columbus at last season's trade deadline in February and notched two goals with 11 assists for 13 points in 18 games after the deal. The 38-year-old finished last season with 11 goals and 30 assists for 41 points in 68 games. He had linked to several Russian teams.

Fedorov

MLB Cleveland Indians left-hander Cliff Lee was picked as the American League's starting pitcher, while the Milwaukee Brewers' Ben Sheets was handed National League honours for tonight's All-Star Game, their respective managers announced yesterday.

CYCLING The day after almost crashing out of the Tour de France, Cadel Evans kept his rivals at bay to take command of the race yesterday. The Australian holds a one second lead on Luxemburg's Frank Schleck. **METRO NEWS SERVICES**

SCOREBOARD

MLB

LAST NIGHT
All-Star Home Run Derby
TONIGHT 'S GAME
All-Star Game (at New York)
National League vs. American League, 5
TOMORROW
No games scheduled

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS' MEN'S TEAM:
SATURDAY'S GAME
VANCOUVER at Prince George All-Stars, 2

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:
LAST NIGHT'S RESULT
VANCOUVER at Salem-Keiser
TONIGHT'S GAME
VANCOUVER at Salem-Keiser, 6:35

Security
Police need to improve their methods to make sure security checks are "civilized," China's top security official said. REUTERS

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Keeping quiet

Canada's Olympians trying to stay out of debate on human rights in China

MATTHEW WUEST
Metro Canada

If you're waiting for one of Canada's Olympians to take a stand on China's human-rights record, don't hold your breath.

It's not that the Canadian Olympic Committee has issued a gag order, as Britain has done with its athletes. It's just that Canadians are trying to stay focused on the task at hand — representing their country at the Games in Beijing — and getting caught up in politics will only serve as a distraction.

"It's a monumental task to win a medal and it requires everything you've got," Olympic sailor Lisa Ross said. "Mentally, it's such a huge task. Any athlete that has hopes of medalling, but gets caught up in other things ... It won't happen for them."

About the only people taking a firm stance on issues in China are former athletes, such as retired figure skater Elvis Stojko, a two-time silver-medallist at the Winter Olympics. He suggested Canada's Olympians consider a boycott of the Games.

But Olympic double-medallist Adam van Koeverden said Stojko wouldn't be so vocal if it was his Games, and based on the prevailing silence, he could be right.

"I haven't heard it from anyone attending the Olympics now, and that seems to be kind of the vibe, to me," canoeist and first-time Olympian Andrew Russell said. "All of the athletes who have trained so hard to get to this stage don't want to jeopardize the opportunity to succeed at the Olympics."

The mere mention of human-rights issues in an interview causes Olympians to choose their words carefully. Some fear being misquoted or having words taken out of context, others worry an innocent comment might make national headlines.

"You don't want to have the attention from what you're trying to accomplish shift toward your attitude toward human-rights violations," Russell said. "That's not to say athletes are not concerned and up-to-date on world issues, I just don't know if it's really the best forum for dialog on this sort of thing."

HU XUEBAI/CHINAFOTOPRESS

Armed police for the special Olympic road lanes hold a ceremony in Beijing last week.

Felicien gives up on Games bid

ATHLETICS Perdita Felicien has pulled the plug on her attempted comeback for the 2008 Beijing Olympics.

The 28-year-old Pickering hurdler, who hasn't been able to compete since injuring her foot during training last February, is expected to make the announcement official today.

Felicien had been conditionally named to the Canadian Olympic team for Beijing.

TORSTAR NEWS SERVICE

Tomorrow's lineup

FIELD OF DREAMS For field hockey-playing brothers Anthony and Philip Wright, the Olympics are a family tradition stretching back to 1932. Read tomorrow's Metro for more.

23 days remain until the official start of the 2008 Summer Olympic Games in Beijing.

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Salt intake
A whopping 77 per cent of the salt we consume comes from processed and restaurant foods, according to Statistics Canada. ALIVE MAGAZINE

Your Health

Satisfying munchies

Snacks high in protein are the way to go for a mid-day boost, says Halifax-based dietitian Pam Lynch. "A hard-boiled egg, cottage cheese with fruit, yogurt and granola are all healthy snack options. Just make sure you're eating the right portion for you." NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Repair, regenerate

Food makes up integral part of body's healing process

BRIAN TOWIE
Metro Canada

While an apple a day won't keep a broken leg away, a balanced diet can help your body repair itself, if you know what to eat.

Food makes up an integral part of the healing process, rehabilitating torn muscles and restoring energy.

You should keep four key components in mind on the road to recovery, says Jennifer Gibson, dietician for the Sports Medicine Council of British Columbia and the Vancouver Whitecaps soccer club: Stay hydrated, ingest high-quality proteins, don't ignore your fruits and vegetables, and make sure you get poly- and mono-saturated fats.

Gibson advises you should drink three to four litres of water or diluted juices a day, depending on your size, in order to flush out the toxins your body accumulates.

"Dehydration interferes with your thought process first, followed by fatigue, dizziness, cramps and possibly collapse," she said.

Also consider the old adage of "an ounce of prevention," says registered dietician Beth Mansfield of Ottawa fitness club Peak Performance. Failing to drink water and eat carbs before strenuous activity can ultimately result in injuries.

"What you need to look at is how you get to that point," she said. "Intense muscular movement can lead to pulling and tearing if you don't take significant carbs and you don't hydrate, particularly towards the end of a game."

Next, you'll want to look at high-quality proteins. Nutritionists say you need at least 0.8 g of protein per kilogram of body weight every day just to stay alive, and more to heal. All of these viable sources contain antibodies and help to rebuild torn and pulled muscles.

"Essentially, you're breaking off the bonds, the satellite cells, off the protein, and then your body realizes there's a deficiency. Your body asks, 'How do I make that part of me stronger?'" said Jason Kastner, fitness director at the Yorkville Club in Toronto. "When you have energy from carbs, your body is going to work in what's called protein synthesis, when you build back that muscle or torn tissue.

That doesn't mean you can scarf down big, greasy burgers by the dozen, Kastner says. Select your protein from reliable sources such as chicken, fish, lean red meats, eggs, whey protein powder and soy products (veggie ground round and tofu for vegetarians and vegans). For carbohydrates, choose whole grain breads, brown rice, quinoa millet, barley or brown rice.

Vegetables and fruit often and mistakenly go ignored while healing, says Gibson. She advises at least two cups of orange (carrots) and dark green (broccoli or romaine lettuce) vegetables for lunch and dinner, with three to five servings of fruit per day, depending on size. Consider smoothies as a quick, easy answer for your body's need for fruit among other nutrients, says Mansfield.

what to eat while nursing an injury

- Kiwi fruits, strawberries, and blackberries are good sources of vitamin C, essential for healing wounds.
- Almonds provide vitamin E, important in preventing scar tissue.
- Honey is an effective antiseptic and wound healer.
- Red grapes are high sources of potassium and the antioxidant quercetin. Dilute the grape juice with water to prevent cramps and dehydration.

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A balanced diet can help your body repair itself, experts say.

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Do You Have Asthma?

The Lung Centre at VGH is seeking volunteers who are diagnosed with mild allergic asthma. This research study will evaluate the safety and efficacy of two different formulations (a powder form which is approved by Health Canada; the liquid form is still under investigation) of an asthma drug given subcutaneously (under the skin).

To qualify, you must:

- be 19 to 65 years of age
- be a non-smoker or ex-smoker
- be diagnosed with mild allergic asthma (using Ventolin, salbutamol, or Airomir only)
- weigh between 66 to 330 pounds
- have environmental allergies (i.e., pollen, cat and dog dander, etc.)

There are approximately 7 to 11 clinic visits over 33 weeks. Some visits may consist of a chest x-ray (only if one was not taken within two years), breathing tests, allergy skin test, vital signs, ECG (electrocardiogram – a painless heart rhythm tracing), urine analysis, and blood tests.

Study medication will be provided if you are eligible for this study. Dr. J. Mark FitzGerald is a principal investigator for this study.

For more information, please contact the study staff at 604-875-4111, ext. 67915 or lindahui@interchange.ubc.ca and leave your name and daytime phone number.

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Sunshine vitamin

Sun exposure can extend life span, but dose depends on skin colour, study says

CELIA MILNE
for Metro Canada

Lack of vitamin D can increase an adult's likelihood of developing osteoporosis.

If you get a lot of vitamin D, chances are you will live longer than those who don't get enough.

A new study conducted in Austria found that people with a deficiency in vitamin D die sooner — from many different causes — than those who have plenty of the so-called sunshine vitamin.

Researchers divided 3,200 people who were enrolled in the study, into four groups. The quarter with the lowest levels of vitamin D in their blood were more likely to have died during the length of the study (eight years). The results were published in the Archives of Internal Medicine.

This finding adds to the exploding body of evidence that vitamin D promotes good health. Previous studies have implicated vitamin D deficiency in cancer, peripheral artery disease, tuberculosis and multiple sclerosis. Lack of vitamin D can increase an adult's likelihood of developing osteoporosis and a child's likelihood of developing rickets.

Does this mean we should all race outdoors to spend time in the sun? How much vitamin D you get from the sun depends on your skin colour.

"White people should get between five and 15 minutes in the sun daily between 11 a.m. and 1 p.m. without sunscreen," recommends Dr. Cedric Garland, a prominent vitamin D researcher at the University of California San Diego. "People of colour will need twice as much."

People with dark skin colour have a decreased ability to make vitamin D when exposed to the sun, and therefore need to spend longer in the sun to receive the positive health effects. People with light-coloured skin create more vitamin D in their bloodstream when exposed to the sun, but are more susceptible to skin cancer.

The Canadian Dermatology Association warns that there were an estimated 4,500 cases of melanoma and 68,000 cases of non-melanoma skin cancers in Canada in 2006.

Other sources of vitamin D are milk (which is fortified with vitamin D), egg yolks, fatty fish such as salmon, and supplements. Ask your doctor if you should be taking a vitamin D supplement.

Setting goals and ambitions, no matter how unrealistic

HineSight

Anne Hines

A terrible thing happened to my friend Rob. He hit a good golf shot. Rob loves golf. He watches it, reads about it, gives advice on how to play it and, once a year, he even gets out to try a round.

Rob is a very consistent golfer. Every shot goes into a flowerbed, over a ravine or out into the parking lot, where it lodges itself in someone's windshield wiper. Rob stomps, swears, says he's putting his clubs on EBay and that other golfers and their vehicles are safe for another year.

Yesterday, however, Rob's ball soared, arced, landed with a perfect bounce, rolling to a mere three feet from the hole where Rob tapped it in with only four tries. The result was obvious. Rob's now convinced he should become a pro golfer.

I'm all for having dreams and goals. My own goal is usually "to make it through the day." When I set the bar higher it's "to make it through the day, sane." I have a fitness, power-walking goal that is: "to get through my route that involves passing two Tim Hortons and a Starbucks without consuming more calories than I burn."

Rob dreams bigger. He thinks he might open a winery in his backyard, even though the growing season where he lives is six and a half minutes. He planned to audition for Canadian Idol. Apparently "able to carry a tune" is just a guideline. And, he's thought of opening an addiction counseling service for men who buy tools they don't actually know the use of. Actually, that one might work.

Some experts insist that men are bigger risk takers than women. I don't buy it. If there weren't women prepared to take major risks, my younger brother, David, would never have got a date. Women boldly buy the latest clothing styles regardless of the fact that they may be out of fashion before we get them home.

I'll keep believing life can be peaceful, even if most days I don't quite achieve it. And, if Rob never takes on Tiger Woods, at least he's had a few happy moments imagining it could happen. Because when it comes to goals and ambitions, what matters isn't how big or small we dream. Just that we do.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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OSTEOPATHY IN CANADA
In 1981, Philippe Druelle, D.O. founded the first Osteopathic school in Canada, the Collège d'Études Ostéopathiques de Montréal (CEO) with Jean Guy Sicotte, MD, D.O. The CEO's mission was to unite all the elements of Traditional Manual Osteopathy and regroup the different therapeutic methods of osteopathic medicine. The College achieved this goal and is now considered a leading osteopathic reference both in Canada and abroad. Colleges were subsequently opened in Rohrdorf (Germany) in 1991, Toronto in 1992, Quebec City in 1996, Vancouver in 2001, Halifax and Hertenstein (Swirzerland) in 2002.

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Iron Man's New Wheels

A Robert Downey Jr. is cruising around Hollywood in a new $200,000 US Bentley — a gift to him from movie bosses because of the success of Iron Man. The movie has earned more than $500 million worldwide. IMDB.COM

Entertainment

New Number

Kate Hudson has beaten out Sienna Miller and Anne Hathaway for the role of Stephanie in Nine, the movie version of the Broadway musical, starring Daniel Day-Lewis. PAGESIX.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

celebrity

Brother backs Madge marriage

PEOPLE Madonna's brother said she would work hard to maintain her marriage to film director Guy Ritchie, BBC News Online reports.

Christopher Ciccone, who has written a book about the pop star, made the comments on ABC. "She's not the type of person just to walk away," he said, referring to reports that the couple's eight-year relationship was on the rocks. METRO NEWS SERVICES

In brief

TV ABC and cable channel FX have been ranked the most gay-friendly networks by a gay-rights group. At the other end of the scale, NBC, Fox, A&E, Spike, TBS, USA Network and TNT all received fail grades from the Gay & Lesbian Alliance Against Defamation. REUTERS

First lady of French pop

Carla Bruni takes on critics as she braces for reaction to new album

AURÉLIE SARROT
Metro World News

Take your best shot: criticize her music and lyrics, but don't criticize France's first lady, Carla Bruni, as someone manipulated by the presidency.

Bruni croons about drugs and lovers on her new album, her third, Comme si de rien n'était (As If Nothing Happened), despite being married to one of the world's most powerful men, Nicolas Sarkozy.

"There is no censorship in France. We live in a very democratic country," the former model said in her Parisian home. "The presidency does not intervene in my artistic life or in my media life. Every time I communicate, like I did after the wedding, I'm absolutely free. I think it's a little misogynistic to think that I'm manipulated by the presidency."

Bruni finds what media targets for criticism a bit strange.

"That said, I don't care about being attacked for my music or my lyrics. I find it quite natural," said Bruni, whose album is in stores today. "But being attacked because I'm in love with my husband, I find that a little strange."

Listeners shouldn't expect a lot of revelations about her married life on her album — she's still a newlywed, after all, having said "I do" on Feb. 2 — and many of the songs were written before her marriage, Bruni said, like the first one, Ma jeunesse (My Youth).

"I refuse to grow old," she said. "It's something that worries me a little. It's the fact that I can't fight it that bothers me. That's why I play a lot of sports. But in the end, time will win the battle, you know."

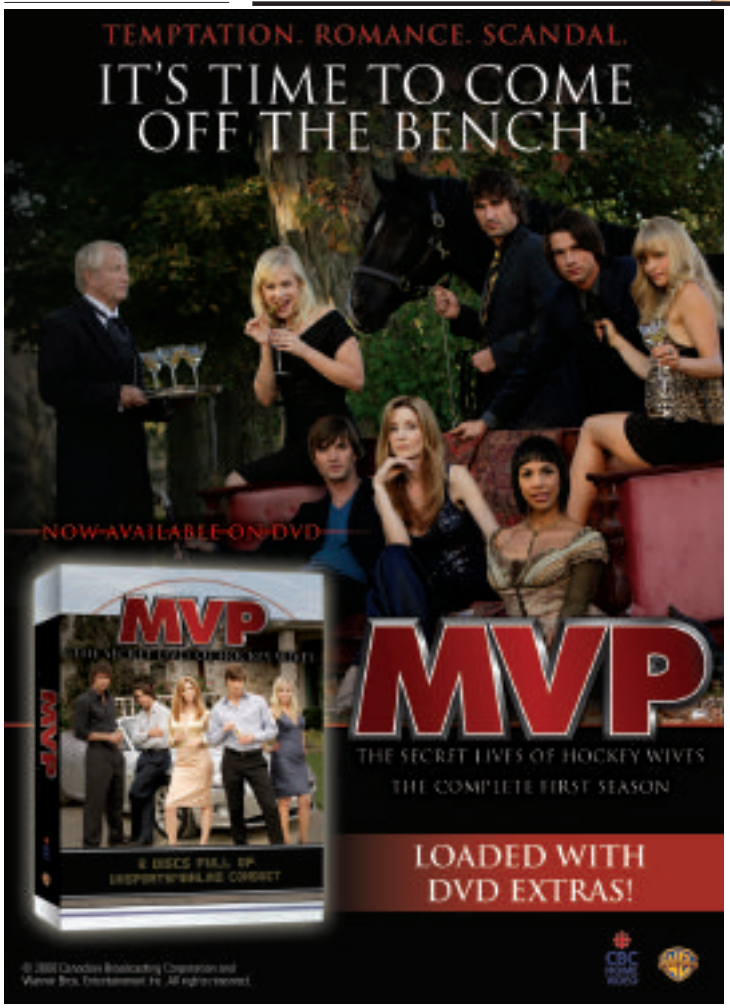
Carla Bruni GETTY FILE

For now, Bruni is pretty much staying put, except for a vacation in the Lavandou region of France next month, choosing to promote her album via television appearances.

"I can't play live as long as my husband is president," Bruni explained. "Touring would involve too many security issues since I'm the first lady."

Away from the spotlight, Bruni shares musical tastes with her husband."When I play him music he doesn't know, it's mostly English-speaking singers. Songs by Bob Dylan, Leonard Cohen, the Beatles are amazing to discover a new language."

While she's tried to put to rest rumours that she's pregnant — "If I have a little belly, it's because I drink a beer, once in a while" — Bruni admitted, "I would love to be pregnant, but I'm not. And if I was, I would have stopped smoking."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Canadian Idol's 10 best

SANDY CAETANO
Metro Canada

Making it to the Top 10 of Canadian Idol is an accomplishment for contestants, but as the excitement increases, so does the pressure.

In the wake of watching people who have become friends be eliminated from the singing competition, those remaining are dealing with the pressure of moving forward.

"The vibe has definitely shifted as we move towards getting settled (in the competition), in that this really is a contest and people are kind of dropping like flies," says Toronto's Sebastian Pigott, 25.

Mitch MacDonald, 22, from Port Hood, N.S., agrees. "We're all a bit nervous about who's going to go home because the competition is tight, and you really just don't know who's going to be here at this stage," he says.

On the other hand, there is a combination of mixed emotions amongst the finalists. "It's super busy, you really feel what it's like to constantly be performing … (you're) just constantly thinking about the next performance, but it's well worth it for sure," says 23-year-old Earl Stevenson, from Lloydminster, Alta.

CTV PHOTO

Canadian Idol's Top 10.

"I think everyone just tries to not think about (elimination night) and to just have a good time while we're here, and focus on the music," says Toronto's Mookie Morris, 18.

But finding out they made it to the Top 10 left some like Drew Wright at a loss for words."It was a great feeling, it was kind of indescribable really, it's amazing," says Wright, 28 from Collingwood, Ont. "It's really nice to know you have that support.

"It's good to know that Canada has faith in me … "I'm from such a small town, so I'm not used to just getting this type of exposure," says Theo Tams, 22, Lethbridge, Alta. "That's what it's all about for me at this point, is just having people see me and seeing what I can do."

Hamilton, Ont.'s Adam Castelli, 26, says he was preparing for the worst—either way he would be proud of how far he had made it."There was a lot of surprises that night and throughout this whole thing," he says. "There's just no way you can control this, you perform as great as you wanted and that still might not be enough."

No matter what happens, Canadian Idol opens many doors so it's what you do with those opportunities that makes the difference."Of course I want to pursue music," says Mark Day, 20, of Portugal Cove-St. Philips, N.L. "If I am the one voted out this week I just have to keep shooting for what I want, but hopefully I don't have to worry about that this week."

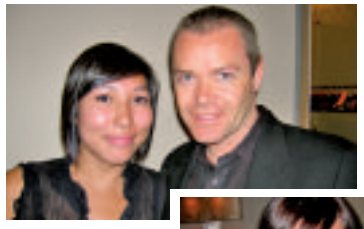
This year's Top 10 round is made up of two women and eight men, and for Amberly Thiessen and Katherine St-Laurent it's been nothing but enjoyable. "It's interesting, I'm actually enjoying it, I think it's kind of fun … everyone here is very talented," says Thiessen, 19, from Seven Persons, Alta.

"It's been exciting, it's been something new every week, I've been performing every week trying to do my best and we're all having fun and I think that's the most important thing," adds St-Laurent, 17, of Otterburn Park, Que.

Chuck's New Girl
NBC's Chuck has recruited actress Jordana Brewster to play a love interest for Zachary Levi for a minimum of three episodes, executive producer Josh Schwartz has confirmed. EW.COM

ABOVE: Up on the rooftop, beverage manager Wendy McMichael teams up with Joe Fortes' most famous Maitre d' and partner, Frenchy Gagné.
RIGHT: Literacy B.C. staff members Diana Twiss, left, and Whitney Borowko attend the big party.

ABOVE: Wannabe mayor Peter Ladner, left, jokes with former mayor-turned-senator Larry Campbell at Literacy B.C.
RIGHT: Ric Moore, father of the late Indy driver Greg Moore, enjoys Joe Fortes with wife Donna.



ABOVE: Beyond's Marina Henao and Craig McNair ensure guests are well-fed and taken care of at Literacy B.C.

ABOVE: Mission Hill event manager Jami Christie at Literacy and Beyond.
BELOW: Your hosts for the evening at Literacy and Beyond — media personalities Vicki Gabereau and Rick Cluff.

Heroes of literacy

They say a picture is worth a thousand words — and goodness knows I'm all about pictures — but for many struggling with literacy, those words sometimes don't come so easily. Thankfully, the folks at Literacy B.C. are there to support those trying to learn to read and write. Their Literacy and Beyond gala event took place last week with a spectacular wine and dine evening that included fabulous food by Beyond Restaurant and Lounge, live auction items and vino, vino, vino. Senator Larry Campbell took to the podium as auctioneer and, with a song in his heart, even managed to coax guests into outbidding themselves for this very worthwhile cause. Meanwhile, the sun continues to shine on one of Vancouver's favourite foodie institutions. Joe Fortes restaurant opened its fabulous new rooftop deck earlier this month. Despite some harsh new bylaws, the four-star service by some of this city's best staffers continues to make this "the" place to be seen to stare at the stars.

SocialEyes
Catherine 'Cat' Barr
info@catherinebarr.com

Cat calls? Please visit www.catherinebarr.com to submit your event or e-mail info@catherinebarr.com.
She can also be heard on The Buzz 1410 AM Radio Tuesdays at 4:30 pm.

IntelleVision

Rick McGinnis
rick.mcginnis@metronews.ca

WILL RETURN

going out

7:30 p.m. The Back Kitchen Release Party. At Granville Island Stage, 1585 Johnston St. Tix: $31-38. Info: *artsclub.com*.

8 p.m. DJ Reign and C-styles play house, dance, Top 40 and R&B. At Cheers, 11920 70th Ave. Tix: $5. Info: 604-596-5967.

8 p.m. Titus Andronicus. At Bard on the Beach, 301-601 Cambie St. Tix: $33. Info: *bardonthebeach.org*.

9 p.m. DJ Georg Bissen spins progressive. At the Lotus Sound Lounge, 455 Abbott St. Tix: $15. Info: 604-685-7777.

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7/15/08

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	Coronation St.	Just-Gags	Rick Mercer	22 Minutes	The Tudors "Episode 2"		CBC News: The National (N)		(:05) The Hour
	255	358	6 CH	E! News	The Insider	Real Housewives		Kimora: Fab	Kardashians	Living Lohan	D. Richards	News (N)
	254	-	8 M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		The Simpsons
	250	321	9 CTV	eTalk (CC)	Hollywood	Canadian Idol	Robson Arms	Criminal Minds (CC)		Law & Order: SVU		News (N)
	-	-	10 OMNI	According-Jim	George Lopez	Coach (CC)	Growing Pains	Darling Buds of May		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Wipeout (N) (CC)		Big Brother 10 (N) (CC)		In Plain Sight (CC)		News (N)
	256	389	12 VI	Degrassi	Friends (CC)	Celebrity Family Feud (N)		America's Got Talent (N)		Without a Trace "Baggage"		News (N)
	253	359	13 CITY	Wheel-Fortune	Jeopardy! (N)	Hell's Kitchen		Japanese Game Show		Two/Half Men	Role	Reviews
	-	-	14 CW	'70s Show	'70s Show	Beauty and the Geek (CC)		Reaper "Unseen" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Skeletons" (CC)		Big Brother 10 (N) (CC)		Without a Trace "Baggage"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Celebrity Family Feud (N)		America's Got Talent (N)		Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (N) (CC)		Japanese Game Show		Primetime: Family Secrets		News (N)
	-	-	23 KVOS	M*A*S*H	Scrubs (CC)	Starman ★★★ (1984) Jeff Bridges, Karen Allen.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Steves Europe	Rudy Maxa	Nova (CC) (DVS)		Wide Angle (N) (CC)		P.O.V. (N) (CC)		Suze Orman
	290	382	28 FOX	MLB Baseball All-Star Game.		Star Gameday	Malcolm-Mid.	King of Hill	Family Guy	News (N) (CC)		Family Guy
	-	364	28 PBS	Wide Angle (N) (CC)		Keeping Up	The Savages	Tavis Smiley	Charlie Rose (N) (CC)		Life Before Life (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Beauty and the Geek (CC)		Reaper "Unseen" (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) Fear Itself (CC)		Late Late Show	
news	502	390	23 NW	Tailor Made		CBC News: The National (N)		CBC News: The National		Tailor Made		National
	500	500	43 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(5:00) MLB Baseball All-Star Game. (Live) (CC)				Sportsnet Connected (Live)		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			In This Corner	Golf 2008 TELUS Skins Game -- Day 2.				SportsCentre
	411	457	49 OLN	Cycling	Mantracker	Adventures	Strand-Peters	Cycling Tour de France Rest Day -- Pau.				
	410	403	54 SCR	Score Update		Schwab	World Cup of Poker		Score Update	Score Update		Score Update
	417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	416	409	144 GLF	(6:00) Fútbol de España		Gol TV News		Hallo Bundesliga		Gol TV News		Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	George	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	Batman ★★★ (1989) Jack Nicholson. (CC)		
	557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Himalaya With Michael Palin		Whoever You May Be		Treeshoe: Powell River Story		Leading Edge
	575	583	20 CMT	Home Imp.	Roseanne	CMT30 "Dauphin 2008"		Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
	570	580	24 MM	Instant Star	Instant Star	Gone Wild	Gone Wild	So You Think You Can Dance The top 12. (CC)				Dance
	600	564	29 H&G	The Stagers	Green Force	Holmes on Homes (CC)		Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers
	615	520	31 A&E	The Cleaner "Pilot" (CC)		(7:57) The Cleaner "Pilot"		The First 48 (CC)		The First 48 (CC)		The Cleaner
	628	584	42 SPKE	CSI: Crime Scene Invstgtn.		CSI: NY (CC)		CSI: Crime Scene		Star Trek: Voyager (CC)		Deep Space 9
	521	560	44 TLC	Ashley Paige	Ashley Paige	Dress	Reception	Must Love Kids		Ashley Paige	Ashley Paige	What Not
	616	522	48 SHO	ReGenesis (CC)		Blue Murder "Heroes" (CC)		Trailer Park	Kenny-Spenny	CSI: NY "Heart of Glass"		House (CC)
	620	523	40 BVO	Live at the Rehearsal Hall		Law & Order "Slave" (CC)		Without a Trace "Party Girl"		Entourage	(:45) Don't Look Back ★★★	
	601	562	41 SLC	Plastic-Perfect	Matchmaker	Nearly Dead	In Laws	Shear Genius (CC)		Plastic-Perfect	Matchmaker	Trading Sp
	520	505	42 DIS	Deadliest Catch (N)		India Unleashed (CC)		Smash Lab "Train Crash"		Deadliest Catch		How It's Made
	522	506	44 HIS	NCIS "Conspiracy Theory"		UFOs: The Secret History UFO phenomenon. (CC)				NCIS "Conspiracy Theory"		Crime Stories
	627	528	45 SPC	Battlestar Galactica (CC)		Stargate SG-1 "Revisions"		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47 TBS	The Office	The Office	My Boys	Sex and-City	Sex and-City	Austin Powers in Goldmember ★★ (2002) Mike Myers. (CC)			
	619	525	48 TROP	News Show	News Show	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52 FN	Top Chef "Film Food" (CC)		Restaurant Makeover (CC)		Iron Chef America (CC)		HEAT	HEAT	Top Chef
	626	547	57 COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Tom Green	Daily Show
	320	621	60 CEN	(6:30) Fire Serpent (2007) (CC)		China's Stolen Children (N) (CC)			Hard Times at Douglass High		China's Stolen Children (CC)	
	581	566	101 MTV	From G's to Gents (CC)		MTV Live	Second Half	The Real World (CC)		From G's to Gents (CC)		MTV Live
	261	394	102 V	Jozi-H "Rites of Passage"		Mysterious Ways (CC)		Quantum Leap (CC)		Eyes Down	On the Buses	Paid Program
	-	-	105 MUL	The Land	Daughters	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

MLB Baseball
The old ballpark in the Bronx has seen its share of great players during its 85-year life, so it's fitting that during its final season Yankee Stadium hosts one last parade of stars. Among them at the 79th Midsummer Classic will be current Yankee faves Derek Jeter and Alex Rodriguez, as well as Boston's Manny Ramirez, Houston's Lance Berkman and Atlanta's Chipper Jones. This is the fourth All-Star Game at Yankee Stadium, following the 1939, '60 and '77 events. 5 PM on FOX

China's Stolen Children
China's "one child per family" policy has created a thriving black market in children, which this new documentary brings to light with a series of gut-wrenching stories. Among others, you'll meet a man who runs a baby-brokering operation in which his own children have been sold, and a couple faced with giving up their daughter. What began as a well-intentioned population control policy has had some very sad results. 8 PM on CEN

Relationships Singer Kylie Minogue has shot down rumours she's back together with actor Olivier Martinez. "It's only natural that we would see each other. It's about friendship," she said. THE DAILY MIRROR

Celebrity Buzz

Kidman, Urban reject money for baby photos

BABY NEWS Nicole Kidman and Keith Urban have reportedly rejected several multi-million dollar offers to publish the first pictures of their newborn daughter Sunday Rose, imdb.com reports.

The actress and her singer husband are undecided whether to release a photograph of the infant, but if they do it will be for free, reports Australian newspaper The Sydney Morning Herald.

"They don't think it's appropriate to make deals," a source tells the publication. "They are still deciding how they feel about (it) — if and when they will release a photo at all. But they realize there is enormous interest from the public and they are grateful and appreciative of that."

Kidman gave birth in Nashville, Tenn., on July 7. She is Kidman's first biological child. She adopted 15-year-old Isabella and Connor, 13, during her marriage to actor Tom Cruise.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Campbell refutes being 'bad'

IMAGE Naomi Campbell has slammed the media for continually portraying her in a negative way, insisting she isn't a "bad person," imdb.com reports.

The supermodel was recently fined and sentenced to 200 hours' community service after a scrap with two police officers onboard a British Airways flight at London's Heathrow Airport in April.

The incident was the latest in a long line of incidents involving the 38-year-old. She completed community service in New York last year after she was found guilty of assaulting a staff member.

But Campbell is eager for the public to focus on her more positive qualities.

"I'm not a bad person," she says. "When people say all these negative things about me, I ignore them. Let them be negative — but do that away from me. It hurts but I know there is much more good in the world.

"I'm blessed to be able to do charitable work and good things but no one focuses on that because I don't throw it in people's faces. That's why they focus on the negatives."

METRO NEWS SERVICES

celebrity brief

Miller fuels talk of affair with married man

RELATIONSHIP Sienna Miller has fuelled rumours she is having an affair with married actor Balthazar Getty, after they were photographed together in a topless clinch, femalefirst.co.uk reports.

The pair were snapped frolicking on a yacht off Italy's Amalfi coast recently, just days after Getty denied being romantically involved with the actress.

Miller is pictured embracing Getty wearing only skimpy bikini bottoms.

"Sienna is totally besotted with Balthazar," a source tells British newspaper the Daily Mirror.

"Their relationship has gone from strength to strength over the past month and Sienna finds him utterly irresistible. Balthazar arranged the trip to one of the most beautiful and exclusive parts of the Mediterranean."

The sunshine break comes less than six weeks after Miller split from Welsh actor Rhys Ifans.

Getty, from Los Angeles, is married to Rosetta Millington and the couple has four children.

METRO NEWS SERVICES

Zeta-Jones not a fan of Los Angeles

PEOPLE Catherine Zeta-Jones hates Los Angeles, femalefirst.co.uk reports.

The 38-year-old actress — who has two children with husband Michael Douglas - has various properties worldwide, but could never live in the U.S. city.

"I hate Los Angeles with a passion. I felt that way even when I was single and knocking on doors trying to get a job," she said. "We go there, work hard, have our meetings and then get the hell out again. I don't know how people live there, especially with kids."

METRO NEWS SERVICES

Lopez training for triathlon

GOAL Jennifer Lopez is training furiously to be fit enough to take part in a triathlon, just eight months after giving birth to twins, femalefirst.co.uk reports. The singer-actress' husband, Marc Anthony reveals Lopez is on a tough training schedule. But he confesses he is not working up a sweat with Lopez.

METRO NEWS SERVICES

celebrity brief

Spice Girls won't reform: Mel B

MUSIC Melanie Brown, a.k.a Mel B, vows the Spice Girls will "never" reform again, femalefirst.co.uk reports. The 33-year-old singer — who shot to fame with Emma Bunton, Victoria Beckham, Melanie Chisholm and Geri Halliwell as part of the girl group — says despite their recent hugely successful reunion tour, they have no plans to do it again. Despite her vow, she insists she hasn't shed her "Scary Spice" image.

METRO NEWS SERVICES

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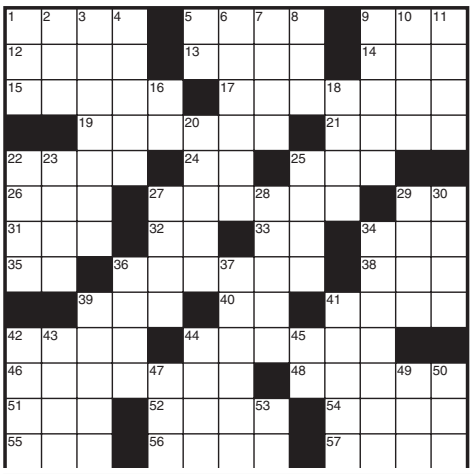
Jeanne lost 18 lbs in her first 6 weeks
Before

Monty Python star John Cleese has sold his U.S. ranch after a year on the market — by cutting its asking price by $12 million US. The actor finally sold his 14.6 acre property in Santa Barbara, Calif., for $16.6 million. IMDB

Take Five



Crossword across

1 Roulette bet
5 Joule fractions
9 Short hairdo
12 — Russo, of "Tin Cup"
13 Garr or Hatcher
14 Geologic division
15 Urged on
17 Laughed shrilly
19 Grown-ups
21 Healing succulent
22 Toga-party supply
24 Behold!
25 Bastille Day season
26 Flamenco shout
27 Kung fu cousin
29 NY neighbor
31 Ancient
32 Oz aunt
33 Advanced deg.
34 Gleeful cry
35 Midwestern st.
36 Large planet
38 Skip stones
39 Icy remark?
40 Element no. 99
41 Part of a camera
42 Genghis —
44 Apologetic
46 Seafood fare
48 Join up
51 Flock member
52 Woodwind
54 By and by
55 Windy City trains
56 Mascara applicator
57 Account execs

Crossword down

1 Prior to
2 — out (relax)
3 Meshed, as gears
4 Has occasion for
5 And, to Caesar
6 Clergy member
7 Pate de foie —
8 Attack word
9 Hardly a wallflower
10 Layered cookie
11 Directed
16 Fond — Lac, Wis.
18 Petruchio's bride
20 Camel relative
22 Dingbat
23 House wings
25 LGA postings
27 "The King and I" actress
28 Make laugh
29 Biggers' sleuth
30 Faucets
34 "Sweet" girl of song
36 Impressive vases
37 Nerve cell
39 Neonates
41 Some eclipses
42 "Fish Magic" artist
43 Wolf's call
44 "Cathy's Clown" singer
45 Dr. Manchu
47 Wrecker's job
49 Shirt or blouse
50 USN rank
53 Newsroom exec

950,000
Metro readers do it daily!
metro
Do it daily.
SOURCE: NADbank 2007, read yesterday; BASE: Montreal CMA, Ottawa-Gatineau CMA, Toronto CMA, Vancouver CMA

previous day's answer

S	O	L	D		C	L	A	D
O	G	E	E		A	I	D	E
B	L	A	B		C	E	D	E
	E	P	O	C	H	S		D
			N	A	E		E	S
D	O	M	E	S		S	H	
O	R	A		H	E	I	S	T
C	O	L	T		N	L		H
			I	T	D		T	A
	S	P	A	R		H	A	W
P	A	R		Y	E	A	R	
A	R	I		O	V	I	D	
L	A	G		N	A	R	Y	

S	A	Y						
E	M	U						
A	O	K						
H	U	M	P					
M	I	A						
H	E	A	R	D				
I	I							
I	D	L	E					
L	E	E	R					
S	A	S	S					

This day in history

JULY 15, 1741: Alexei Chirikov sights land in Southeast Alaska. He sends some men aboard in a longboat, making them the first Europeans to visit Alaska.
JULY 15, 1815: Napoléon Bonaparte surrenders from aboard HMS Bellerophon.
JULY 15, 1870: Rupert's Land and the North-Western Territory are transferred to Canada from the Hudson's Bay Company, and the province of Manitoba and the Northwest Territories are established from these vast territories.
JULY 15, 1955: Eighteen Nobel laureates signed the Mainau Declaration against nuclear weapons, later co-signed by 34 others.

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A mouthy man will talk nonsense. An event leads to much gossip. A worker needs time to discuss worries.

TAURUS
APRIL 21-MAY 21
A despondent man makes a mistake. News from a distance has a comforting effect. Try to do a few things at once.

GEMINI
MAY 22-JUNE 21
You'll muddle through a minor setback. Someone with realistic opinions appears. A woman suffers a headache in the evening.

CANCER
JUNE 22-JULY 22
Don't overreact to an animated opponent. Avoid an issue that is hopeless. A serious man's attitude is hiding indifference.

LEO
JULY 23-AUG 23
Look for a lost lover under somebody else's spell. Don't visit anyone under stressful conditions. Don't explode when the shouting begins.

VIRGO
AUG 24-SEPT 22
An appointment must be made despite cowardice. Wickedness makes for a bad sleep. A crisis is looming in finances.

LIBRA
SEPT 23-OCT 23
A cruel vixen wants something from you. Travel plans begin to come together. A snooping person reveals a little secret.

SCORPIO
OCT 24- NOV 22
An intense lover has a significant message. Frustration with a small man is discussed. Things that defy explanation will happen.

SAGITTARIUS
NOV 23- DEC 21
Don't let a big shot stamp on your feelings. Be alert to minor gestures. Looking within will flabbergast you.

CAPRICORN
DEC 22-JAN 20
A hypocrite wins a game of the heart. Greed makes someone resist doing harm. An unstable situation will create action.

AQUARIUS
JAN 21-FEB 18
Game players are played out. A do-gooder gets involved in a silly issue. Don't do anything at all for the wrong reasons.

PISCES
FEB 19-MAR 20
Avoid people who will cause heartache. Let yourself be a winner. Depression will lift when a compliment is given.

PACIFIC POKER SHOOTOUT
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			6	8			2	7
5	4			7	3			9
	2				6		7	
	1	5				8	9	
	3		8				5	
9			7	1			4	3
4	6			2	9			

Sudoku

INSTRUCTIONS:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

3	2	4	8	9	5	1	7	6
8	7	1	3	4	6	9	2	5
6	5	9	2	7	1	4	3	8
9	3	6	1	5	7	2	8	4
7	4	2	9	6	8	3	5	1
1	8	5	4	3	2	6	9	7
2	9	7	6	8	4	5	1	3
5	6	3	7	1	9	8	4	2
4	1	8	5	2	3	7	6	9

SOLVE TIME IN MINUTES:
Under 13 . . . . . Genius
13-17 . . . . . Scholar
17-21 . . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practicing

Vancouver weather

The Weather Network
theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Mainly sunny. 21°	Clear. Low 13°	Sunny. 20°/ 13°	Sunny. 20°/ 13°	Variable. 20°/ 12°

Temperature
Normals
High: 21.6°
Low: 12.9°

Records
High: 28.3°/1941
Low: 10°/1962

Sunrise: 5:24 a.m.
Sunset: 9:12 p.m.
Moonset: 2:25 a.m.
Moonrise: 8:01 p.m.

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SNOW SQUALL WARNING 4 ORLEANS, 15CM TO 20CM OF SNOW EXPECTED 4 OTTAWA.

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